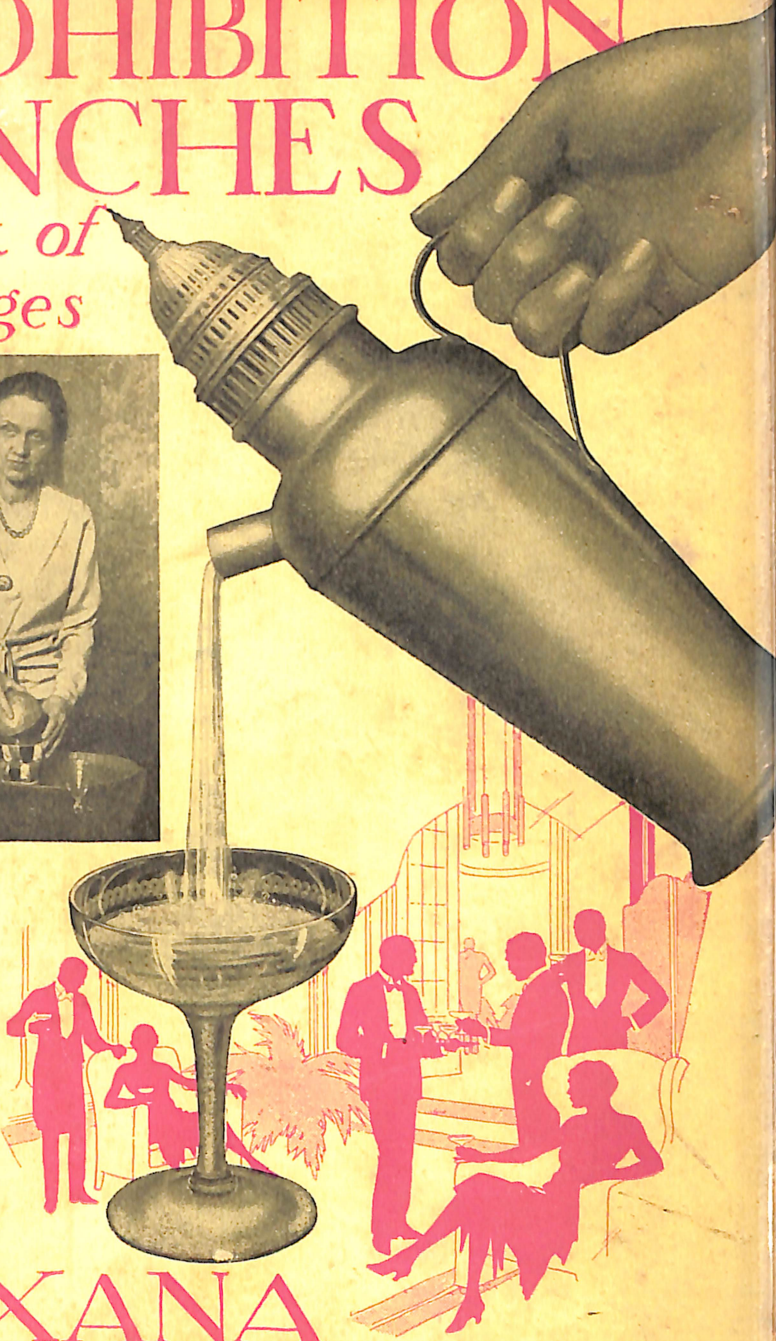
PROHIBITION PUNCHES

A Book of Beverages



ROXANA B. DORAN

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$1.50

PROHIBITION PUNCHES

A Book of Beverages

By ROXANA B. DORAN, Wife of Dr. James M. Doran, recent United States Commissioner of Prohibition. With introduction by Dr. Harvey W. Wiley.

Mrs. Doran

Governors' wives, Senators' wives, heads of Economic Departments, presidents of women's clubs and various other women prominent in the social, professional and economic life of the nation have contributed their favorite fruit drinks to this collection of thirst-quenching and LEGAL cocktails.

Laura Volstead Lomen, daughter of Representative Volstead, sponsors a delectable beverage. Mrs. Harvey W. Wiley offers a grapefruit punch suitable for afternoon tea. Mabel Walker Willebrandt, former Assistant Attorney-General, suggests an easily assembled cocktail particularly suited to the business woman. There is even a vegetable cocktail for those interested in vitamins.

Among the many other prominent contributors are Mrs. James J. Davis, Mrs. Ella A. Boole, Mrs. Carl E. Grammer, Mrs. John B. Henderson, Mrs. Henry W. Peabody, Mrs. Ruth G. K. Strawbridge, and Major General Smedley D. Butler.

Cocktails for the breakfast room, the living room, the veranda, the dining-room, the ball room and even for the nursery. Drinks that are fizzy and drinks that are quiescent—smashes and swizzles and floats and sherbets and frappés and just plain punches—a generous assortment. Try them in your cocktail shaker!

Dr. Harvey W. Wiley: "Why not turn our attention to finding something to fill our national goblet legitimately? It seems to me the author has done a very fine thing."

Dr. Louise Stanley, Chief, Bureau of Home Economics, U. S. Dept. of Agriculture: "'Prohibition Punches' offer palatable suggestions for *drinking health.*"

PROHIBITION PUNCHES

A Book of Beverages

By

ROXANA B. DORAN
(Mrs. James M. Doran)

With a Preface by

DR. HARVEY W. WILEY

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MANUFACTURED IN THE UNITED STATES OF AMERICA

Dedicated,

with grateful appreciation,

To

CORINNE REID FRAZIER

without whom this book could not have
been written

DR. WILEY

PREFACE

Bread, we are told, is the staff of life. May I add that fruit is the whetstone of our appetites, and the juices thereof an elixir of health not surpassed in value by any of the other foodstuffs provided by Nature.

In preparing the tempting suggestions contained in *Prohibition Punches,* it seems to me the author has done a very fine thing. It is not just a matter of giving you some delightful appetizers or delicious refreshment-inspirations for your tea party (although this has been done quite comprehensively)—it is more than that, the significance of this book. It offers something healthful both for the appetite and for the mind. Food for thought—for a little "mental refurnishing," if I may borrow Ramsay MacDonald's graphic phrase—is offered within these pages that it is

both my pleasure and my privilege to preface. I see in them a courâgeous—and I believe it will be a successful—effort to give us something to think about in the beverage line other than our grievances against an amendment which some have been pleased to consider an infringement upon their "personal liberty," as it deprives them of a little personal indulgence. Too long we Americans have been sulking, like the small boy, because we couldn't sup the nectar of a "forbidden fruit." It is high time to do a little mental housecleaning and turn our minds to thoughts of fruits of which we can partake without incurring inevitable penalties of law and nature.

The Eighteenth Amendment is a permanent part of our Constitution. Why not recognize this fact and turn our attention to finding something to fill our national goblet legitimately? Mrs. Doran has pointed the way for a new line of thought in this direction which will make for a healthier and more contented mental attitude than American society has known since the chaotic period of the World War.

HARVEY W. WILEY.

Washington, D. C.,
May 1, 1930.

DRINKING HEALTH

Prohibition Punches offers palatable suggestions for drinking health at various times of the day. Made of natural fruit and vegetable juices richly endowed with vitamins and minerals which are essential for health and well-being, appetizing and fragrant to tempt us, we may consume these punches abundantly, free from any thought of harmful effect but realizing that with them we are drinking health in the choicest forms in which nature presents it to us.

The charm of these drinks lies in the flavor and aroma of the freshly extracted juices. Most of these lose their delicacy of flavor on standing. We advise using all such juices as soon as possible after preparation and they should always be kept cold until used. While chilled juices are preferred by some, others like to hear the tinkle of the ice. Not too sweet, they quench the thirst and stimulate the appetite without adding too many of the calories dreaded by some. Or with the sandwich accompaniment they may be made a real meal, according to your taste. We offer you these fruit juices dressed up in various fancy forms.

LOUISE STANLEY,
Chief, Bureau of Home Economics,
U. S. Department of Agriculture.

MRS. DORAN

A WORD BEFORE . . . .

Zero Hour—the author's own!

That moment of breathless anticipation just before the dawn of a new adventure; a new dream's reality. To the world—the hour when all nature seems stilled; all living things, motionless, awaiting the dawn. Or perhaps that moment of ominous quiet before the crash of cannon and high shriek of shell quicken exhausted senses to the stark reality of war. To the author the moment that comes at last after a long night of toil; of weaving elusive dreams into the fabric of a book! Hushed interval, bringing with it the welcome hint of dawning as the author catches breath and sighing, says, "Now, my task is done! Soon, with the coming dawn, my book will have its little day. If only it may cast a beam of light—not shadow—across the Dial of Life, I am content."

And so I say it now! Standing on the threshhold of my Zero Hour, I heave a sigh that this little book is done and, waiting, yield to hopes and fears and dreams as others before me have done—wishing that this first effort of mine may mark its time upon the Dial in highlights—a bit of pleasure added wherever it may find lodging; refreshing suggestions supplied a thought-weary hostess, perhaps—and even do I dare dream that it may accomplish, somehow, a real service.

ROXANA B. DORAN.

Washington, D. C.,
May 30, 1930.

CONTENTS

CHAPTER		PAGE
I.	TOP O' THE MORNING—Breakfast Recipes	13
	Frosted Orange Juice	16
	Cantaloupe Cocktail	16
	Strawberry Cocktail	16
	Fruit Combinations	17
II.	WHEN SHADOWS ARE SHORTEST—Luncheon Recipes, Bridge, etc.	19
	Punch	23
	Iced Orange Coffee	23
	Superior Grape Juice	23
	Frozen Fruit Punch	24
	Raspberry Shrub	25
	Bride's Punch	25
	Florida Punch	25
	Honey Fresh Orangeade	26
	Honey Cocoa	26
	Honey Hot Chocolate	26
	Honey Iced Chocolate	27
III.	AS THE SHADOWS LENGTHEN — Afternoon Recipes: Teas, Garden Parties, etc.	29
	Temperance Punch	33
	Fruit Punch	34
	Raspberry Shrub	34
	Frappé	35
	Meridian Mansions Punch	35
	Fiji Frappé	36
	Royal Purple	36
	Fruit Swizzle	36
	Cranaps	37
	Congressional Club Punch	37
	Grape Juice Punch	37
	Lemon and Orangeade	38
	Fruit Punch	38
	Delta's Delightful Drink	39
	Pansy Cocktail	39
	Fruit Punch	40
IV.	SUNSET HOUR—Fireside Tea-time Thoughts, Summer Suppers	41
	Concord Float	45
	Cream Orange	45
	Pineapple Cream	45
	Rhubarb Iced Tea	46
	Iced Mexican Chocolate	46
	Oriental Punch	47
	Fruit Punch with Whipped Cream	47

CONTENTS

CHAPTER		PAGE
	Fruit Punch	48
	Sunset Punch	48
	Grape Frappé	49
V.	IN THE GLOAMING—Dinner Recipes, Before-dinner Cocktails, etc.	51
	Strawberry Cocktail	54
	White Fruit Cup	54
	Ambrosia	55
	Fruit Cocktail	55
	Grape Nectar	56
	1930 Cocktail	56
	Grape Cocktail	57
	Vegetable Cocktail	57
	Currant Mint Frappé	58
	Tomato Juice Cocktail	58
	Punch de Leon or Florida Cocktail	59
	Three-Tone Cocktail	59
	Celebrities Dinner Drink	60
VI.	MOONLIGHT SHADOWS ON THE DIAL—Refreshments for Evening Parties, Receptions, Balls, etc.	63
	Orange Lemonade	66
	One Gallon of Grape Juice Punch	67
	Fruit Punch	67
	Portia's Punch	68
	Fruit Punch	69
	Punch	69
	Spiced Punch	70
	Gooseberry Punch	71
	Ginger Ale Lemonade	71
	Pineapple Smash	72
	Hot Spiced Cider	72
	Mock Champagne	73
	Punch	73
	Fruit Punch	74
	Pony Punch	74
	Phi Tau Freeze	75
	Cadet Punch	75
	Trojan Nectar	75
	Rocky Mountain Grape	76
	Fruit Punch	76
	Loganberry Frappé	77
VII.	THE CHILDREN'S HOUR—Children's Recipes	79
	Mint Sparkle	83
	Mother Goose Punch	84
	Peter Piper Punch	84
	Lemonade for Children	85
	Grape-ade	85
	Circus Punch	85
	Punch and Judy Punch	86
	L'Envoi	90

TOP O' THE MORNING

Breakfast Recipes

I

"The year's at the Spring,
The day's at the morn,
Morning's at seven
The hillside's dew pearl'd . . . ."

—*Browning.*

Can't you see that hillside sparkling with dewy freshness? I think I catch the faint fragrance of sweet new grass. Doesn't its cool, clean greenness quicken your senses and sharpen your appetite for something cool and fresh? A glass of orange juice dewy with frost, or a fruit cup with a great luscious strawberry bobbing jauntily on top?

The day should always be begun, if that were possible, with a vision of green hills or new-blown roses—to fill the thoughts with freshness and whisk away the cobwebs—like the clean sweep of a broom. But unfortunately, for those of us whose busy day dawns within the confines of a crowded city, such a beginning is impossible. Dewy greenswards are rare!

Yet, something of that green freshness—of the "hillsides dew pearl'd." may be caught for us in the frosted depths of a cool fruit cup with its dew-sprinkled strawberry; in the clink of ice within a glass of fresh fruit juice, or perhaps in the

heart of an ice-cold grapefruit, daintily prepared. These things set us in tune for the day.

FROSTED ORANGE JUICE

For the Formal Breakfast

For each person to be served, fill a large glass two-thirds full of orange juice. Add a dip of vanilla ice cream or orange ice and stir until partially dissolved. Serve immediately.

CANTALOUPE COCKTAIL

Cut melon in balls with a vegetable scoop, fill a serving glass, add seeded white grapes, slices of ripe peaches and cubes of pineapple. Cover with grape juice.

The State College of Washington,
Pullman, Washington.

STRAWBERRY COCKTAIL

1 pint strawberries
4 teaspoons sugar
4 oranges

Slice the strawberries and squeeze the juice of the oranges over them. Set on ice to thoroughly mix and chill. At serving time put in glasses or fruit cups. Add a spoonful of

sugar to each glass and some finely shaved ice. Stand the glasses on paper doilies. If fruit cups be used it is very pretty to stand them on some strawberry leaves arranged on a plate.

The State College of Washington,
Pullman, Washington.

FRUIT COMBINATIONS

1. Grapefruit with watermelon or canteloupe cubes and a fruit syrup.
2. Grapefruit with orange and fresh or canned pineapple.
3. Grapefruit, orange, canned pears and bits of candied ginger.
4. Grapefruit, orange, strawberries, or red raspberries.
5. Grapefruit, bananas, red apples diced without peeling.
6. Watermelon, or canteloupe cubes or balls with fruit juices and mint flavoring.

Martha Van Rensselaer
(*Director,* New York State College of Home Economics at Cornell University, Ithaca, N. Y.)

WHEN SHADOWS ARE SHORTEST

Luncheon Recipes

II

Noontime, when shadowless gardens flaunt their richest hues; when the upturned faces of full-blown flowers blush under the warmth of the sun's caress! The time for light and color and gay activity—for the bridge luncheon and the formal breakfast. Time for the hostess, too, to don her richest colors and array her table likewise. Riotous color in her centerpiece of flowers; a flood of sunshine in the room, glowing through draperies that carry out the cheerful note. Noontime is the wide-awake hour, when all the world's a-hum.

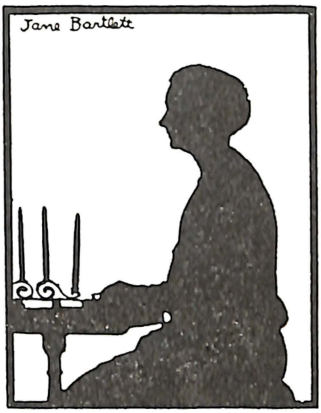
Splashes of color in the fruit cup or cocktail glass awaiting the luncheon guests may serve to accentuate this noontime mood. No halftones needed here. The crimson red of strawberry; the gold of peach or apricot; the brilliant hue of the orange and perhaps a bold dash of green cherry or mint—these are the colors for the mid-day fruit dish.

There is a fascination in preparing the color scheme for any party, and especially for the luncheon or bridge when the character of dishes served lends itself so well to delightfully interesting effects and is a splendid foil for a clever

hostess' originality. Your fruit cocktail, for instance, may reflect the color scheme of your centerpiece; place cards; salad and desert courses. With the use of a little forethought in the selection of vegetables to go with the chicken pattie or whatever meat may be planned, the color note may be suggested even in the principal course. One of the most artistic luncheons I can recall was that of a prominent Washington hostess, given last spring. I shall describe for you the picture that presented itself as we entered the dining room, with the cocktail course in place.

The table suggested a miniature flower garden in its wealth of Spring color—the dominant note appropriately being green, carried out ingeniously in a cocktail which, for originality, surpassed any I have ever seen. You may have seen one like it somewhere, but so far as I know, it was the hostess' own idea and, though not patented, has never been copied! It was served in a double glass setting—the outer glass (shaped like a grapefruit bowl) was filled with cracked ice, colored green. Nestled in the center of this, in a smaller glass cup, was the cocktail consisting of mixed fruits in all the brilliant hues I have suggested as typical of the noontime hour.

The effect of the whole was, as I have said, that of an early Spring garden, green with that greenness of new grass, and planted in the old-fashioned pattern of a formal garden.



MRS. NEWTON

PUNCH

Juice of 8 oranges
Juice of 6 lemons
1 cup pineapple juice
1 glass grape jelly
2 cups sugar
2 quarts water
Mint leaves cooked in a little water

To fruit juices add the sugar, water and mint, and when ready to serve, add one bottle of ginger ale, and ice.

Any fruit may be used for decoration.

Mrs. Walter H. Newton
(Wife of the Secretary to President Hoover)

ICED ORANGE COFFEE

Boil together for two minutes half a cupful of sugar, one cup of water and the thin paring of two oranges, being careful not to get any of the white pith. Cool, strain, and add four cupfuls of cold coffee. Just before serving add the juice of the two oranges and half a cupful of evaporated milk. Pour into tall glasses partly filled with crushed ice.

SUPERIOR GRAPE JUICE

Remove one pint of grapes (fresh) from stems and place in two-quart jar; add one cup sugar and fill jar with boiling water and seal. Let stand several weeks before using, and serve either ice cold as taken from jar or add lemon and orange juice. It is a beautiful color and the flavor is exceedingly fine and delicate.

Miss Ida B. Wise Smith
(First Vice-President, National W. C. T. U.)

FROZEN FRUIT PUNCH

4 cups water
2 cups sugar
2 cups grape juice
½ cup orange juice
¼ cup lemon juice

Boil sugar and water 5 minutes. Add fruit juices and freeze to mush. This recipe makes two quarts.

Mrs. Theodore Christianson
(Wife of the Governor of Minnesota)

RASPBERRY SHRUB

To two quarts of raspberries, add one pint cider vinegar, and let stand for two or three days. Mash berries, put into a bag to strain. To every pint of juice add one pound of sugar. Boil twenty minutes and skim. Bottle.

An inch or two in a glass filled with ice water or lemonade makes a very refreshing drink. Apollinaris water may be added just before serving.

Mrs. G. Aaron Youngquist
(Wife of the Assistant Attorney General)

BRIDE'S PUNCH

Into tall glasses put alternate spoonsful of raspberry ice, vanilla ice cream, orange ice, and strawberry preserves. Raspberry ice first, then vanilla ice cream, orange ice next, then a little more vanilla ice cream and a spoonful of preserved strawberries. Fill up with charged water or ginger ale. Garnish with a spoonful of whipped cream or ice cream and several candied violets or rose leaves.

Lovely if served with tiny cup-cakes iced in different colors.

Kappa Epsilon Sorority,
Washington, D. C.

FLORIDA PUNCH

One pint of orange juice.

One pint of ginger ale.

Chill thoroughly and add a sprig of fresh mint before serving.

This is equally good made with grapefruit juice, which may be purchased in cans now, ready for use.

Mrs. Doyle Carlton
(Wife of the Governor of Florida)

HONEY FRESH ORANGEADE

For each serving (iced tea glass size)
6 tablespoonsful orange juice
1 tablespoonful lemon juice
2 tablespoonsful honey

Mix fruit juices and honey thoroughly. Then add 1 cup spring or charged water. Fill iced tea glass with cracked ice, pour over mixture and let stand three minutes before serving.

HONEY COCOA

1 cup water
2 teaspoons cocoa
3 tablespoons honey

Mix cocoa with honey. Let water come to a boil, then add cocoa and honey mixture. Serve at once, topping each cupful with marshmallow.

HONEY HOT CHOCOLATE

1½ cupsful milk 3 tablespoonsful honey
2 teaspoonsful cocoa

Let milk and cocoa come to a boil, then add honey, serve at once, topping each cup with teaspoonful whipped cream.

HONEY ICED CHOCOLATE

2 teaspoonsful cocoa 1 cup milk
3 tablespoonsful honey

Let milk come to a boil. Mix cocoa and honey, remove heated milk from fire, add cocoa and honey mixture and a good pinch of salt. Stir well. Pour this mixture in iced tea glass filled with cracked ice. Above amount will provide two servings. Top with whipped cream.

AS THE SHADOWS LENGTHEN

Afternoon

III

Mid-afternoon calls to mind many scenes. Formal teas in the drawing room of some Cabinet official's home on a Wednesday afternoon in Washington; less formal teas around a cozy table laden with dainty things in your home or mine; and the garden parties that liven up the warm-weather months wherever a garden grows.

Naturally my mind turns to the most interesting afternoon scene in my store of memories—the charm of the picturesque parties that have graced the green slopes of the South gardens at the White House during Maytime for more than a century. Scarcely a lady who has been mistress of that historic mansion but has entertained at some time on the cool shaded South lawn, which today overlooks the Mall, but once afforded glimpses of a winding stream—an arm of the Potomac—on whose blue-green surface lanquished lazy sails and gayly colored canoes.

I seem to see the gleam of gold against white uniforms as immaculate young aides bend to catch the words of feminine guests strolling about the garden, their flowered gowns and wide-brimmed hats forming a lovely picture beside their tall escorts. I hear the low tones of a great man acknowledging countless greetings from his posi-

tion beside the First Lady on the knoll beneath a shady tree. More gold braid flashed from the uniform of the President's own aide, standing at his elbow to present the guests. And mingling in the colorful throng—the khaki uniforms of wounded soldiers, in whose honor, perhaps, this party is given. Each greets his Commander-in-Chief, receives a smile and a word from the great Lady and moves off, to be served dainties and cool drinks from artistically decorated marquees that dot the landscape.

Foliage and flowers waft their delicate perfume on the breeze as the May sun hangs low over the Virginia hills, discernible in the distance, meeting the cloudless blue of the horizon. The white pillars of the South portico rise tall and straight on the slope, forming a majestic back-drop.

An exquisite scene in a surpassingly beautiful setting. One that lingers a lifetime in the memory of those so fortunate as to have been a part of it.

There's another picture that the present administration has sketched for the first time on the South lawn—that of the intimate little gatherings held by Mrs. Herbert Hoover in a secluded corner under the shadow of the Mansion itself, often referred to as her "California garden," because she has had a flagstone walk laid there and arranged an informal grouping of rustic seats about a rustic table overshadowed by tall cypress trees. We can readily imagine the President's wife presiding

over a tea table—on which there may be some of these delectable fruit punches—as she talks to half a dozen guests selected from her coterie of personal friends.

Naturally, one wonders what sort of fruit punch the Nation's hostess would select for a party in this garden of hers—or what she would offer a mid-summer visitor at the camp on the Rapidan upon a warm afternoon. From those who have enjoyed Mrs. Hoover's hospitality we learn several interesting suggestions which reveal her taste in such beverages.

Now, the First Lady herself likes her punches made with *plain spring water* (neither mineral nor charged). She prefers this sweetened to taste and, added to it, any of the various citrus fruits, principally oranges, lemons, grapefruit, and berries of all sorts in season. Sometimes she mixes tangerines and kumquots with her fruit punch, giving it an unusual and delicious flavor.

TEMPERANCE PUNCH

2 dozen oranges
3 dozen lemons
Juice of 6 grapefruit
1 quart strong tea
3 quarts water
4 bottles ginger ale
Sweeten to taste

One of the bottles of ginger ale may be added to punch just before serving.

Serves 75 people.

Mrs. William Fraser McDowell,
Washington, D. C.

FRUIT PUNCH

1 can grated pineapple
3 cups boiling water
1 cup tea freshly made
Juice 6 lemons
Juice 10 oranges
1 quart strawberry, currant or grape juice
1 bottle of Apollinaris Water
1 quart of sugar or 3 cups of syrup of 35 degrees
4 quarts of water

Grate pineapple and boil with the water 20 minutes. Strain through jelly bags, press out all possible; let cool and add rest of fruit juice, tea and syrup. If sugar be used add a pint of water to sugar and let boil 6 or 8 minutes; cool before using. Add Apollinaris Water just before serving. If possible make punch a few hours before serving and chill. Strawberries, mint leaves or sliced bananas may be added.

Laura Volstead Lomen
(Daughter of Rep. Volstead, author of the Volstead Act, and wife of the Reindeer King of Alaska)
(*From "The Ladies Home Journal"*)

RASPBERRY SHRUB

Place fresh raspberries, red or black as preferred, in a stone jar; cover them with good cider vinegar; let stand over night; crush and strain. To one pint of juice, add one pint

of sugar, boil ten minutes and bottle while hot. One or two tablespoonsful of this syrup added to a glass of ice-water makes a refreshing summer drink.

It is said that raspberries are the best thirst quenchers of all fruits.

Mrs. John Hammill
(Wife of the Governor of Iowa)

FRAPPE

6 large oranges
3 large lemons
½ can grated pineapple
10 heaping tablespoons of sugar
1½ pints water
1 cup strong black tea
1 quart Apollinaris Water

Boil sugar and water twenty minutes. Mix with juices of fruit and strain, add pineapple and tea. Keep in ice-box until serving time, then add Apollinaris Water.

Mrs. G. Aaron Youngquist
(Wife of the Assistant Attorney General)

MERIDIAN MANSIONS PUNCH

6-ounce bottle of rose lime juice
16-ounce bottle of orange juice
2 bottles of ginger ale
Juice of 24 lemons
Sugar as desired

Chill by adding lemon water-ice made in freezer.

Mrs. Seymour Lowman
(Wife of the Assistant Secretary of the Treasury)
(*From "The Ladies Home Journal"*)

FIJI FRAPPE

To the juice of five lemons add one and one-half cups of sugar, one-half cup of water, then add leaves from one bunch of fresh mint. Let stand for one-half hour; strain, add a large piece of ice and three bottles of ginger ale. Add pint block of mint sherbet and serve at once.

Phi Gamma Delta

ROYAL PURPLE

1 bottle grape juice
1 lemon cut in slices
1 3-inch cinnamon stick

Put in double boiler and bring to boiling point. Serve hot. This may be put in a thermos bottle and kept for several hours without losing its flavor or aroma.

Phi Gamma Delta

FRUIT SWIZZLE

1 qt. tea
1 qt. ginger ale
3 lemons
3 oranges
1 pt. pineapple juice (or any fruit juice)
1 cup cut-up pineapple (or any other fruit)
1 bottle Maraschino cherries
Sweeten to taste

Anne Dudley Blitz
(Dean of Women, Minnesota University)

CRANAPS

Cover one quart cranberries with water. Cook until quite tender. Strain through bag. When cold add to one quart apple juice; sweeter to taste and chill. This is a very good drink.

Mrs. John W. Summers
(Wife of Rep. Summers, Wash.)
(*From "The Ladies Home Journal"*)

CONGRESSIONAL CLUB PUNCH

25 lemons
1 cup grenadine
½ large bottle charged mineral water
1½ gallon combined fruit juices, pineapple, raspberry, pears. (Any fruit except peaches.)
1½ gallons water
Sugar to taste. Makes five gallons of punch

Mrs. Porter H. Dale
(Wife of Senator Dale, Vermont)

Mrs. Dale is President of the Congressional Club, Washington, D. C.

(*From "The Ladies Home Journal"*)

GRAPE JUICE PUNCH

8 lemons
2 quarts grape juice
1 can Hawaiian pineapple
1 twenty-five cent jar Maraschino cherries
1 sprig of mint
4 cups of sugar

Boil 4 cups of sugar, the juice and rind of 3 lemons in 2 cups of water to make a syrup. This syrup must be rich and thick—the success of the punch depends upon this part of the recipe.

Add this syrup to the juice of 5 lemons, juice of pineapple and juice of cherries. Add enough water to make a tasty mixture. Add more sugar if necessary. Cut the pineapple in small pieces, the cherries in half, and add. This makes enough for a small afternoon tea, for 50 people, perhaps.

Mrs. Harvey W. Wiley

LEMON AND ORANGEADE

1 cup sugar
½ cup water
1 cup orange juice
2 cups lemon juice
1 cup ginger ale

Make syrup by bringing sugar and water to a boil. Mix orange and lemon juice and add syrup to taste. Just before serving add ginger ale.

University of Wisconsin,
Home Economics Department

FRUIT PUNCH

1 cup grated pineapple
1½ cups lemon juice
1½ cups orange juice
2 cups sugar
2 cups Orange Pekoe tea infusion
2 cups White Rock
2 cups ginger ale
1 cup water

Boil sugar and water together three minutes. Cool. Add grated pineapple, fruit juices. Let stand for half an hour.

Add tea and chill. Just before serving, add ginger ale and White Rock which have been placed in ice box to chill.

Mrs. John F. Sippel
President, General Federation of
Women's Clubs

DELTA'S DELIGHTFUL DRINK

To serve eight people take three glasses of jelly and dissolve through a strainer with an equal amount of water. Add orange and lemon juice to suit taste and when ready to serve add one to two bottles of ginger ale. The ginger ale gives sparkle to the drink and an unusual flavor. Any jelly may be used, but the soft jelly of the grape is preferable.

Sally Lou Ellsworth
National Secretary, Delta Delta Delta Sorority

PANSY COCKTAIL

Prepare coffee with cream and sugar according to taste.

Put whipped cream in bottom of each glass. Over this pour the coffee mixture until glass is half full. Then add chilled ginger ale.

Serve with chipped ice.

Kappa Alpha Theta Sorority
Washington, D. C.

FRUIT PUNCH

3 dozen lemons
1½ dozen oranges
6 quarts strawberries
2 cans No. 2 shredded pineapple
3 quarts freshly made strong tea
9 cups sugar
6 cups water
2 quarts Apollinaris (or more)
½ teaspoon salt

Boil the sugar and water together to make a heavy syrup, and chill. Cut the large berries in thirds or halves and crush the remainder. Scrub the oranges and lemons, and after the juice is extracted, cover the skins with water and let them stand for an hour or longer. Then pour off the water and add it to the fruit juice. Combine all the ingredients and add chopped ice until thoroughly cold. Just before serving add the Apollinaris, and if the punch is too strong, add ice water in small quantities until it is the flavor desired. This makes about five gallons of punch.

Mrs. Arthur M. Hyde
(Wife of the Secretary of Agriculture)

FRUIT PUNCH

1 quart cold water
2 cups sugar
2 cups fresh chopped pineapple
½ cup lemon juice
1 cup of orange juice

Boil water and sugar together about twenty minutes, or until it forms a syrup. Set it aside to cool. When cool add pineapple and fruit juices. Chill. Strain if desired and if necessary dilute with ice water.

To vary it you may add grape juice or ginger ale with the other fruit juices.

Mrs. Clyde Kelly
(Wife of Rep. Clyde Kelly of Penna.)

SUNSET HOUR

Summer Suppers

IV

A Winter scene suggests itself. A great roaring log in a Georgian fireplace sends its glow into the room where a small group is gathered 'round an informal circle while the hostess brews a delicious concoction of her own. Into her teapot she has dropped the fragrant leaves of tea, and then a generous slice of orange (and if desired, one of lemon, too). On this she is pouring the boiling water from a singing kettle. It is only with the water at boiling point that the full flavor of the fruit is extracted. Perhaps you prefer your tea with cream—or straight. She has a tea-ball at hand, and can serve you your favorite variety. But try this of hers just once, I beg of you. A drink calculated to warm the mind and lift the spirit, with its suggestion of fruit juices mingled with the brew.

Sunset hour is the hour for confidences; for little intimate exchanges around just such a cozy fire as this. A time of relaxation. Scientists and men of medicine tell us that there are two physical "zero hours" in our twenty-four—four o'clcok in the morning, when so many souls take flight and life is at its lowest ebb, and again, late in the afternoon when our vitality gradually has been worn down to another low ebb and our system is

crying out for rest and relaxation. One doctor has gone so far as to declare that in his estimation all lectures, concerts, etc., scheduled for four o'clock or later in the afternoon, should be postponed until evening, for the sole reason that at that late afternoon hour he believes not one mind in ten is alert—capable of absorbing the meat of the entertainment, let alone enjoying it to the fullest extent!

So, at this sunset hour your boiling teakettle is a welcome sight to your house guests or informal callers who perhaps have just returned from concert or lecture with the desire to relax completely before the whirl of evening gayeties. Only light refreshments for this hour—the lightest possible, your hospitality being centered entirely in your teapot. Wafers or toasted cheese crackers are ample. Rich sandwiches might spoil the appetite for dinner.

Summer Suppers

During the warm weather, as the sun sinks low, thoughts turn to the cool woodland retreats where picnic suppers are enjoyed—or perhaps to that shaded corner of your lawn where a rustic table is laden with sandwiches and a delicious fruit punch. The following recipes are especially appropriate for this supper on the lawn.

CONCORD FLOAT

Fill glass one-third with grape juice, one-third with ginger ale chilled, and on top place small scoop of grape sherbet.

Mrs. J. M. Robsion
(Wife of the Senator from Kentucky)

CREAM ORANGE

1 egg yolk
¾ cup orange juice
¼ cup thin cream
Sugar, if desired.

Beat egg yolk until light, add orange juice and blend thoroughly. Pour into glass and stir in cream, mixing well. Sweeten, if desired. Serve at once.

This is an excellent drink for the underweight. Egg yolk may be omitted if desired. Evaporated milk may be used in place of cream.

PINEAPPLE CREAM

1 measure (cup, pt. or qt.) of whipped cream.
1 measure (cup, pt. or qt.) of canned pineapple juice.

Have the pineapple juice well chilled and blend with the thick whipped cream just before serving. Either a spoon or egg beater may be used for blending.

Any mildly acid fruit juice as raspberry, grape, blackberry or loganberry may be substituted for the pineapple juice.

Texas Agricultural Experiment Station

RHUBARB ICED TEA

Prepare the tea in the usual manner for eight. Then in an enameled saucepan stew a dozen medium stalks of rhubarb, a few sprigs of fresh mint, a pinch of salt, and two cups of water, until the rhubarb is soft.

Strain this mixture into the freshly steeped tea (extracting as much juice as possible, pressing the rhubard into the strainer with a silver tablespoon).

Sweeten to taste while warm. Lemon juice may be added if desired.

Serve iced, of course; and garnish with lemon or orange slices pierced with cloves, or a sprig of mint, to accentuate the deliciousness of this refreshing drink.

ICED MEXICAN CHOCOLATE

Scald

2 cups milk and
¼ cup ground coffee and
1 four-inch stick of cinnamon

Melt

4 squares chocolate over hot water. Add
½ cup sugar and
½ cup boiling water, stirring until smooth

Strain scalded milk. Gradually cool and add

½ teaspoon vanilla.

When ready to serve, add 4 cups cold milk and put in glasses with crushed ice.

Alabama Polytechnic Institute
Auburn, Alabama

ORIENTAL PUNCH

1 cup of sugar
1 cup of water

Boil to a syrup with 6 cloves, a 1-inch stick of cinnamon and a piece of preserved ginger about the size of a walnut.

Cool, add juice of 3 lemons, 3 oranges and a drop of green coloring matter.

Serve with chopped ice and mint leaves.

Margaret Justin
Dean, Division of Home Economics,
Kansas State Agricultural College,
Manhattan, Kansas

FRUIT PUNCH WITH WHIPPED CREAM

1 pint bottle grape juice
3 tablespoons lemon juice
1/3 cup orange juice
1 cup pineapple (crushed) with juice
¾ cup sugar
Grated rind one lemon
Grated rind one orange
Several sprigs of fresh mint
Few grains of salt
1 pint bottle of soda water
Whipped cream.

Mix fruits and add sugar. Grate a little of the rind of one orange and one lemon. Add to orange juice and let stand ten minutes. Strain and add juice to fruits and sugar; then add mint and salt. Cover and let stand an hour to ripen. Pour over crushed ice, add the soda water and serve in tall glasses with whipped cream on top. Garnish with mint leaves.

Mrs. Charles C. Teague
(Wife of Member of Federal Farm Loan Board)

FRUIT PUNCH

For twenty persons, take 1 fresh pineapple of medium size, cut into fine pieces. To 1½ lbs. of sugar add 2 cups of cold water and boil from 10 to 15 minutes. Pour the hot syrup over the pineapple and let stand at least 12 hours. (24 hours is not too long.)

An hour before serving add the juice of 6 oranges and 4 lemons. Add 2 quarts of cold tea freshly drawn of fine flavor and not too strong. If not acid enough, add another lemon.

Flavor with strawberries cut in halves or candied or Maraschino cherries as preferred. Stir well, and lastly add ice to chill thoroughly.

If the tea is too strong or has stood on the leaves till bitter, it will spoil the punch. The secret of a delicious punch is to make a syrup of the sugar.

Mrs. Carl E. Grammer
Philadelphia, Pa.

SUNSET PUNCH

½ cup lemon juice
1 cup pineapple juice
1½ cups orange juice
2 tablespoons cherry juice
Sweeten to taste
2 cups water
Garnish with mint and cherries

Mrs. F. X. A. Eble
(Wife of the U. S. Commissioner of Customs)

GRAPE FRAPPE

1 pint grape juice
1 pint water
1½ cups sugar
Juice of one lemon
Freeze quickly and slightly.

Mrs. C. C. Young
(Wife of the Governor of California)

IN THE GLOAMING

Dinner

V

. . . . "When the sun has gone to rest
That's the time that I love best.
Oh, it's lovely, roamin' in the gloamin' . . . ."
—Harry Lauder favorite.

Dinner hour, with the company gathered in the living room or, if the weather's warm, on verandah or lawn. Purple shades have fallen, but still the afterglow lingers, touching the world with unreality.

This is the hour when one thinks of mellowed lights, deep purples, ruby reds. When one's cocktail should reflect the purple blood of grapes; the lush richness of the raspberry, the amber of apple or ginger juice. Soon a gong will sound (if this be an informal family gathering), its tones echoing away to nothingness in the remote corners of the house. Or, perhaps a servant will appear to announce a more formal summons to the evening meal.

Before that call, we like to whet our appetites with some manner of beverage. Fresh fruit juices, mixed with mint or ginger ale, form surprisingly palatable suggestions. Or, as is often done at formal dinners today—pure grape juice, served in tiny cocktail glasses with thin sand-

wiches, furnish an interesting substitute for nineteenth century cocktails.

With the dinner there will be a place on the menu for a fruit drink as well as a possible fruit cup or sherbet to go with the meat course, depending upon the degree of formality of the meal.

STRAWBERRY COCKTAIL

Mash 1 quart berries
Add juice of 1 lemon
Add juice of 1 orange
2 cups of sugar
6 cups of water
Leave for 2 hours
Stir until sugar dissolves
Strain through cloth
Serve very cold in cocktail glasses
Add three berries to each glass

Mrs. Frederick C. Billard
(Wife of the Commandant of the Coast Guard)

WHITE FRUIT CUP

One cup each of white grapes, fresh pineapple, canned Bartlett pears, and grapefruit.

Skin the grapes, remove seeds, and quarter. Skin, section and cut up the grapefruit.

Cut pineapple and pears fine.

Cover with the juice of the pears.

Add the juice of one lemon and sugar to taste.

Let stand in refrigerator at least two hours.

Garnish with Rubyettes or any preferred touch of color.

Mrs. Ella A. Boole,
President National W. C. T. U.
(*From "The Ladies Home Journal"*)

AMBROSIA

4 oranges
½ cup water
1 grapefruit
½ cup sugar
Cherries

Two hours before using, extract the juice of the oranges. Halve the grapefruit; with teaspoon take out each section and cut in two. Dissolve water and sugar. Mix all together and chill. Makes an attractive first course served in sherbert glasses with cherries.

Mrs. Frank Clague
(Wife of Rep. Clague, Minn.)
(*From "The Ladies Home Journal"*)

FRUIT COCKTAIL

1 can sliced pineapple
3 oranges
2 grapefruit
1 lemon
3 cups sugar

Cover the sugar with water, enough to make a heavy syrup. Add the lemon juice to the syrup and let cool. Dice the fruit and pour all juices into the syrup and strain. Place fruit in cocktail glasses in layers. When ready to serve pour the chilled syrup over the fruit.

Mrs. C. W. Ramseyer
(Wife of Rep. Ramseyer, Iowa)
(*From "The Ladies Home Journal"*)

GRAPE NECTAR

1 pint of white grape juice
1 pint of White Rock or Apollinaris Water
1 pint of pale ginger ale

Chill the three ingredients and mix when ready to serve.

Mrs. Richard Yates,
(Wife of Hon. Richard Yates,
Congressman-at-Large from Illinois)

1930 COCKTAIL

1 pint grape juice
½ pint pineapple juice
24 limes (juice)
4 bottles ginger ale

Decorations

(for bowl or pitcher)

Cut up fruits
Cucumber peelings

Large bunch of fresh mint dipped in powdered sugar should be added to mixture just before serving.

Serve in Delmonico glasses, dipping edge of glasses for about ½ inch in powdered sugar after running a cut lime around the edge of glass.

Roxana B. Doran
(Wife of Commissioner James M. Doran)

GRAPE COCKTAIL

1 pound of white or seedless grapes
1 quart of white grape juice
Chop grapes very fine in earthenware vessel
Add 1 quart of grape juice
Mix thoroughly
Add sugar to taste
Serve very cold

Baltimore & Ohio Railroad
(*From "The Ladies Home Journal"*)

VEGETABLE COCKTAIL

2 tomatoes
2 dozen stalks asparagus
½ cup tomato catsup
1 teaspoon lemon juice or vinegar
2 teaspoons Worcestershire sauce

Scald, peel and chill the tomatoes. Boil the asparagus, chill and cut off the tips about two inches down. Mix the catsup, lemon juice and sauce and pour into six small glasses. Cut the tomatoes in eighths, then each eighth in half. Put the glass of cocktail sauce on one side of a small plate, and arrange four asparagus tips and four or five pieces of tomato on small lettuce leaves on the plate. Serve with an oyster fork. One cup chilled, cooked crab meat may be substituted for the asparagus to make a crab meat cocktail.

The State College of Washington,
Pullman, Washington

CURRANT MINT FRAPPE

2 tablespoons of chopped mint
3 cups of boiling water
1/3 cup of orange juice
⅛ glass of currant jelly
1 drop of oil of peppermint
1 teaspoon of gelatin
2 tablespoons of cold water

Soak gelatin in cold water 5 minutes and dissolve it with currant jelly over hot water. Cool. Add other ingredients, freeze 3½ to 4 hours, stirring every 30 minutes. Freeze to mush. Garnish with whipped cream and a sprig of mint. This may be served with lamb and game.

Mrs. Theodore Christianson
(Wife of the Governor of Minnesota)

TOMATO JUICE COCKTAIL

2 quarts tomato juice or purée
1½ teaspoons salt
1 tablespoon horseradish
1 teaspoon sugar

Mix ingredients and serve chilled. (Served more than any other recipe on our menu.)

Dodge Hotel
Washington, D. C.

PUNCH DE LEON

or

FLORIDA COCKTAIL

2 cups Florida orange juice
1 cup grapefruit juice
Juice 2 lemons
1 large cup sugar
Juice 1 can Hawaiian pineapple
3 cups weak tea
Mix in punch bowl with block of ice

Just before serving add two bottles ginger ale, sprig of mint. Serve in small glasses. Sufficient for 10 people.

Mrs. Henry W. Peabody
Beverly, Mass.
Chairman of Woman's National
Committee for Law Enforcement

THREE-TONE COCKTAIL

Juice of 1 grapefruit
Juice of 2 oranges
Juice of 3 limes

If too tart, sweeten with liquid honey, according to taste. Pour over crushed ice and garnish with sprig of mint.

Mrs. Anthony Wayne Cook
Past President General
Daughters of the American Revolution

CELEBRITIES DINNER DRINK

3 lemons
1 orange
½ can pineapple

Measure these ingredients, then add one-half of that amount of water, and the other half of White Rock.

Mrs. John B. Henderson
Henderson Castle
Washington, D. C.

This punch, one of the simplest in our collection, is in a manner of speaking a punch with a background. Doubtless it has tempted the appetite of more celebrities, diplomats, statesmen, authors, playwrights, and social lights, than any other fruit juice drink in the world today. For it is one of the favorite beverages of Mrs. John B. Henderson, mistress of the great brownstone Norman pile on the Sixteenth Street hill in Washington, known as the playground of the diplomats.

Mrs. Henderson, in addition to taking under her wing hosts of our foreign envoys, their secretaries and members of their families, and throwing wide to them her hospitable doors, is noted for her early stand for prohibition. Many years ago, before the idea of a national law was contemplated, Mrs. Henderson made a decision which was to revolutionize her form of entertainment in a manner which showed amazing independence of spirit, in view of the fact that scarcely a com-

pany sits at her table which lacks at least one or two Continentals, accustomed to considering "wining and dining" as an inseparable phrase.

She decided that liquor, even the best of it, is injurious to the health of an individual and worse than detrimental to the life of a nation. Without more ado, she ordered the contents of her extensive wine cellar—rated one of the finest in Washington at the time—poured down the gutters outside her castle walls.

Since that day her every guest, be he prince, potentate or local townsman, has dined with her without wining—and from the alacrity with which her invitations are accepted, we venture to say—has dined well.

MOONLIGHT SHADOWS ON THE DIAL

Evening

VI

Youth comes into its own with the rising moon and the distant wail of—no, not the whippoorwill; poor old 'Will, he hasn't a ghost of a chance of making himself heard on one of these twentieth century nights!—I was about to say, the distant wail of a saxophone and violin.

Punches for the evening suggest the reception and ball, the fraternity house party and sorority "rush"; the debutante's coming-out party and the small house dance. Through all of them Youth flits in the unconscious gayety that is Youth's heritage; casting long, lithe shadows on the Dial .....

I can visualize a moonlit garden—one of the loveliest gardens I have ever seen—whose beauty lies in its natural setting rather than in any handiwork of man. Shadowy vines trail around the dimly outlined form of a sun-dial on the crest of a terraced slope, the first of seven descending from the level of the great pillared house, a vague pile in the background, where high points of pale light touch eerily the angles and eaves not hidden by century-old trees and a magnificent wistaria vine. This house, rich in history which binds it closely with the early days of our nation, was the "country home" of America's first national

Treasurer—Nourse was his name. You may have heard how he moved the entire contents of the United States Treasury from Philadelphia to Washington "in ten cart-loads." For a full century the house remained in the Nourse family. And for almost the entire period it remained a suburban home.

Today a busy thoroughfare winds by the front gate of the old Colonial homestead, once remote in its twenty-five acres. But it is still linked with the lives of the nation's great, for one dwells there now who was medical adviser, confidant and friend to the greatest of our modern statesmen. And in this moonlit garden, nestled in a grove of trees, is a tiny "White House" given by that statesman to three sturdy youngsters who romp within that garden today, and soon will make the old place ring with the laughter and music of Youth as they "chase the flying hours with flying feet."

ORANGE LEMONADE

1 cup orange juice
1 cup lemon juice
1 cup sugar
6 cups water and ice

To measure the water and ice, place the chopped ice in a vessel into which water may then be poured to the mark for the measure wanted.

Texas Agricultural Experiment Station

MRS. STRAWBRIDGE

ONE GALLON OF GRAPE JUICE PUNCH

1 quart white grape juice
4 bottles ginger ale
1 quart orange juice
½ pint lemon or grape fruit juice
Sugar to taste

Allow two bunches of mint to steep in this for one hour. Serve very cold.

Mrs. Ruth G. K. Strawbridge
Philadelphia, Pa.

FRUIT PUNCH

Boil 2 cups sugar and 1 quart of water 20 minutes. Pour boiling hot over following mixture:

½ cup lemon juice
½ cup orange juice
1 cup strawberry juice
½ cup canned cherry syrup
1 cup chopped pineapple

When ready to serve, strain and add

1 pint of white grape juice

Dilute with ice water and add

1 cup fresh strawberries, quartered
1 cup stoned cherries

Can be diluted with Apollinaris Water if preferred.

Mrs. C. C. Young

PORTIA'S PUNCH

To one small bottle of red Concord California pure concentrated grape juice or Concord Loganberry, add

2 bottles light colored ginger ale
1 lemon sliced thin
½ cup chopped mint leaves

Serve very cold

Mabel Walker Willebrandt
Former Assistant Attorney General
(Mrs. Willebrandt is known as "Portia," the woman lawyer)
(*From "The Ladies Home Journal"*)

FRUIT PUNCH

1 dozen lemons
6 oranges
1 grapefruit
2 quarts of light ginger ale
1 pound of sugar boiled to a syrup
1 quart of Apollinaris (White Rock may be used)

This is particularly attractive if served from a punch bowl in which a large bunch of white Malaga grapes is placed on top of the ice.

Mrs. Lowell Fletcher Hobart
President General, N. S., D. A. R.

PUNCH

½ gallon orange Pekoe tea—¼ lb. tea
4 lbs. sugar
3 doz. lemons
1 doz. oranges
1 can grated pineapple
3 bottles ginger ale
3 bottles carbonated mineral water or vichy or Apollinaris
Ice

Costs about $3.70. Sufficient for 150 people.

Mrs. Harvey W. Wiley

MRS. YOST

SPICED PUNCH

Make a foundation syrup of:

1 cup of sugar
1 cup of water
½ tablespoon of whole cloves in cheesecloth
1½ three-inch cinnamon sticks

Cook mixture slowly until a well flavored syrup is made. Remove spices, cool.

Add juice of:

6 oranges
6 lemons
1 cup of grapefruit juice
1 cup of pineapple juice

Peach juice, white cherry juice and water may be added to taste.

Lenna Lowe Yost
Member of West Virginia State Board of Education
(*From "The Ladies Home Journal"*)

GOOSEBERRY PUNCH

(Color, yellow, apricot or red, depending on ripeness of gooseberries)

1 cup gooseberry juice
¾ cup orange juice
¼ cup lemon juice
½ cup sugar
2½ cups water and ice

Cook sugar and water a few minutes. Cool. Add other ingredients and ice.

Department of Food and Nutrition
Purdue University
Lafayette, Indiana

GINGER ALE LEMONADE

1 quart lemon juice
2 quarts sugar
1 quart water
2 gallons ice water
1 gallon ginger ale
1 cup of mint leaves

Make syrup of sugar and a quart of water. While syrup is cooling add mint leaves. Mix the syrup with the fruit juices and strain. Add ginger ale just before serving. Serves 60 people.

New York State College of Home Economics
Cornell University, Ithaca, New York

PINEAPPLE SMASH

Boil together 10 minutes

2 quarts water
4 cups sugar

Add 4 cans grated pineapple and juice of 2 lemons.

To 1 quart of mixture add

2 cups ice water and freeze until firm.

Chill the remainder and just before serving, strain into punch bowl. Add

3 quarts ginger ale, ice water or charged water.

Add balls of the frozen mixture and garnish with mint leaves.

Balls of cherry ice on raspberry sherbet may be used.

The Polytechnic Institute
Auburn, Alabama

HOT SPICED CIDER

1 gallon sweet cider
1½ pounds brown sugar
3 sticks cinnamon (4-inch pieces)
1 tablespoon each whole allspice, and whole cloves
2 pieces whole mace
½ teaspoon salt
Dash of cayenne

Mix in order given and boil 15 minutes, after boiling starts. Serve hot.

Dodge Hotel
Washington, D. C.

MOCK CHAMPAGNE

One-third white grape juice and two-thirds White Rock. The mixture may be half and half if preferred, but too much grape juice diminishes the sparkle of the effervescent water.

This recipe has all the good qualities of champagne and none of its bad ones.

Mrs. Imogen Oakley
Philadelphia, Pa.

PUNCH

3 quarts water
3 cups sugar

Boil eight minutes. Add

1 cup strong black tea
Juice of 1 dozen oranges
1 dozen lemons
Can pineapple
1 cup ginger ale
1 pint Concord grape juice, or
raspberry or strawberry juice

Mrs. Louis C. Cramton
(Wife of Representative Cramton, Mich.)

From the Congressional Club Cook Book and *The Ladies Home Journal.*

FRUIT PUNCH

1 cup grated pineapple
1½ cups lemon juice
1½ cups orange juice
2 cups sugar
2 cups of orange Pekoe tea infusion
2 cups White Rock
2 cups ginger ale
1 cup water

Boil sugar and water together three minutes. Cool. Add grated pineapple, fruit juices. Let stand for half an hour. Add tea and chill. Just before serving add ginger ale and White Rock, which have been placed in ice box to chill.

Mrs. Jesse W. Nicholson

PONY PUNCH

For a large bowl of punch, take 3 tablespoons of black tea to each quart of water—12 tablespoons, therefore, to a gallon. Boil for 3 hours. Then pour the water off the leaves onto a large package of crushed mint.

Add to this one can of Hawaiian pineapple with its juice, the juice of 4 oranges and 4 lemons.

Add to it 1 quart of White Rock
1 quart of ginger ale
1 quart of grape juice

Add to this a pint of melted guava jelly and a teaspoonful of Tobasco sauce.

If not quite sweet enough, more sugar may be added. Serve very cold.

Mrs. C. C. Calhoun
Washington, D. C.

PHI TAU FREEZE

To 1 gallon ginger ale add 1 quart of pure orange juice. Just before serving add 2 quarts of orange sherbet. Beat into frappé.

Phi Kappa Tau Fraternity

CADET PUNCH

1 quart home-made grape juice
1 pint ginger ale
1 orange, sliced
½ lemon

Mix ingredients in bowl or pitcher. Pour over a block of ice, adding ginger ale just before serving.

L. Mae Kreger
(Wife of Major General E. A. Kreger, Judge Advocate General, United States Army)

TROJAN NECTAR

To 2 bottles of ginger ale add 1 pint of vanilla ice cream and, if desired, a dash of lemon juice. Use this last sparingly.

This will serve four people. It is a drink which must be served immediately upon mixing. Usually, the best plan is to put one or two large spoonfuls of the ice cream in the glass; pour the ginger ale over it, stirring or beating the mixture well as the liquid is added.

This drink is very popular among college students all over the country.

Old Grad
University of Southern California

GENERAL BUTLER

FRUIT PUNCH

Make tea as a base, using three (3) tablespoons of tea to each quart of water.

Add the following to each quart of tea (stir well):

1 cup of sugar
4 ounces lemon juice (squeezed)
2 ounces lime juice
2 ounces "Five Fruits" juice

Add ice and serve cold. Other fruits, such as pineapple or strawberries, may be added to suit the taste.

Major General Smedley D. Butler, U. S. M. C.
Commanding General, Quantico, Virginia

ROCKY MOUNTAIN GRAPE

To 20 pounds Concord grapes, add 3 qcarts of water. Crush grapes and cook 20 minutes. Strain and add 3 pounds of white sugar. Boil 10 minutes. Bottle and cap while hot.

This home-made grape juice is delicious when served with White Rock, adding pineapple and lemon juice to taste.

Mrs. Edmond Galbraith Toomey,
Helena, Montana

LOGANBERRY FRAPPE

Boil 20 minutes.

1 quart sugar
2 quarts water

3 to 4 dozen lemons, according to taste
Use from 9 to 12 pints of White Rock

Loganberry Sherbet—

Boil 4 cups of water and 2 cups of sugar for 20 minutes, add 2 pint bottles, Loganberry juice; ¼ cup lemon juice, and freeze.

To mix frappé—put sugar and water syrup (which has been boiled 20 minutes) into bowl; add lemon juice; cool with piece of ice. Just before guests come into dining room, add White Rock and sherbet. Do not dilute with water. Serves 50 generously.

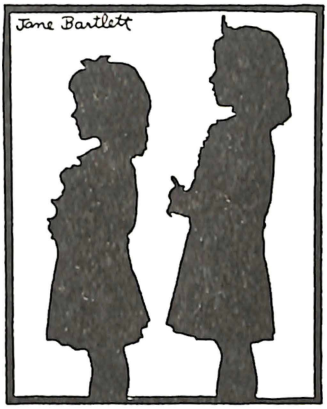
If you have more sugar syrup than is needed for your punch, it will keep indefinitely and can be used at any time for lemonade or sherbets. Any of the frappé which is left over may be stiffened with gelatin and served the next day as a dessert. It is delicious.

This same foundation may be used for making other punches by the substitution of other fruit juices for the Loganberry flavor in the sherbet and by using ginger ale instead of White Rock. One, for instance, which is very appetizing, is made with a mixture of lemon, pineapple and orange juice, rather than pure lemonade, and an orange sherbet instead of Loganberry. This is served with ginger ale instead of White Rock.

Mrs. Balthasar H. Meyer
(Wife of Interstate Commerce
Commissioner Meyer)

THE CHILDREN'S HOUR

Children's Recipes



"TWO LITTLE J'S"

VII

"Between the dark and the daylight
When the shadows are beginning to lower
There comes a pause in the day's occupation
Known as the children's hour . . . ."

—*Longfellow.*

There's one little hour on the dial that I have not marked as yet—not because it is forgotten, but rather that we might save the best for the last! What is more fun than planning the little party for Betsy Ann and Junior? To what do we give more thought and care than to their diet, an important part of which from babyhood is fruit or the juice of fruit. Nowhere is a fruit punch or frappé more appropriate than at the children's party. Wise hostesses, when entertaining very small guests—even if there are to be

some grown-ups present, too—have a fruit sherbet together with simple little cakes or cookies, in lieu of the richer ice creams. There is less likely to be an epidemic of tummy-aches in the neighborhood the morning after!

Let me tell you of a fascinating setting for a children's party that I had the pleasure of seeing not so long ago.

It is the playroom belonging to five of the nation's best known youngsters—the "five little J's"—children of the Secretary of Labor and Mrs. James J. Davis. This playroom is on the top floor of the Secretary's palatial Massachusetts Avenue home in Washington. Its broad windows overlook a sunny garden transformed into an outdoor playground which would delight any six-year-old heart. And within the room—I can hear the *oh's* and *ah's* of tiny guests now, as they come upon the scene—every sort of toy imaginable to amuse a youngster from the toddling age on up. Boys and girls alike find enough to keep them amused indefinitely in this sanctum of the little J's; Jimmie, Jean, Jane, Joan and Jewel. Of course there's a playhouse with electric lights, a spotless kitchen, bedrooms, bath and all that goes to make up an ideal doll's abode. There are all sorts of games—block games, map puzzles, dominoes, checkers, almost any game a small boy might like to try his hand at. And sitting in a row around the wall—dolls and more

dolls; boy dolls, girl dolls, baby dolls, some saucy, some demure.

But the greatest thrill of all comes to the little visitor making her first call, when her eyes alight upon a bright new stove all white and blue enamel—that really and truly cooks. It's an electric stove and, in a white enameled cupboard to match—miniature in size as is the stove—are kept enough utensils to prepare a dinner for the Great Big Bear himself if he should step out of the Fairy Tale and call upon the children.

It's a delightful playroom, and around the long oblong table, low enough for the tiny tots as well as the bigger youngsters, many a tea party has been staged when perhaps the "tea" was concocted from the mixed juices of fresh fruits.

MINT SPARKLE

20 sprigs of fresh mint
1 cup of orange juice
2 lemons sliced thin
5 pints of weak tea
Juice of 3 grapefruit
4 bottles of ginger ale
Sugar to taste

Crush mint and pour tea over it. Add fruit juices and lemons sliced thin. Sugar to taste. Chill and add ginger ale just before serving. Put a sprig of mint in each glass.

MOTHER GOOSE PUNCH

Serves 20

1 pint grapefruit juice
1 pint of orange juice
2 ounces of strained honey

Half a cup of grenadine (harmless vegetable coloring matter, which may be bought at any store)

3 bottles of white ginger ale
The whites of 4 eggs

Mix fruit juices; add honey and grenadine. Just before serving add well beaten whites of eggs and beat vigorously. Add ginger ale.

CIRCUS PUNCH

1 cup sugar
1 pint water
Juice 2 lemons
½ cup of cherry juice
¼ cup orange juice
2 quarts of ginger ale

Juice from a can of apricots

Boil sugar and water together one minute. Cool. Add the fruit juices. Set aside for an hour. Chill thoroughly. Add ginger ale.

PETER PIPER PUNCH

1 pint grape juice
1 pint cold water
¼ cup sugar
2 bottles ginger ale

Combine grape juice, cold water and sugar. Pour in punch-bowl over block of ice. Add ginger ale. Do not stir, in order to retain sparkle and carbonation of ginger ale.

Serves 12.

MRS. DAVIS

LEMONADE FOR CHILDREN

Juice of 4 lemons
Juice of 2 oranges to 4 quarts water
Sugar to taste

Chill in frigidaire and serve in glasses in which there is a thin slice of orange and a Maraschino cherry.

Grape-ade

Take any quantity of blue grapes
Pick from stems, cover with water and bring to a boil twice
Cool and add equal amount of water as grape juice
To this add juice of one or two lemons and sugar to taste.
Set in frigidaire to chill.
Children will love this for Sunday night supper as a treat in place of a glass of milk.

Mrs. James J. Davis
(Wife of the Secretary of Labor)

PUNCH AND JUDY PUNCH

To one quart of fresh apple juice, add the juice of three oranges and one lemon. Add sugar to suit taste. Serve ice cold and garnish with discs cut from the orange peel.

VIII

A BACKWARD GLANCE

Reviewing mentally some half-forgotten pages of history, we find that the taste for fruit punches is not one cultivated entirely in recent years—nor developed as an outgrowth of the Eighteenth Amendment. A number of famous "gentlemen of the old school" found delight in the fresh juices of Nature's fruit gardens many, many years before prohibition was thought of. Among them stand out the figures of Samuel Pepys, Thomas Jefferson, Rutherford B. Hayes and, in later years, William Jennings Bryan, famous for his grape juice dinners during a pre-prohibition administration.

In Samuel Pepys' diary, under the date of March 9, 1669 (new calendar), the following notation attests to his sensations—a mixture, apparently, of both delight and fear, as he partook for the first time of a strange new drink—none other than our familiar orange-ade.. "...and here" writes Mr. Pepys, referring to his cousin Stradwick's home, "which I never did before, I drank a glass, of a pint, I believe, at one draught, of the juice of oranges, of whose peel they make comfits; and here they drink the juice as wine,

with sugar, and it is a very fine drink; but, it being new, I was doubtful whether it might not do me hurt."

Despite his doubts, the drink did not prove fatal, we gather, as the next day he was up and about his business, as lively as ever!

Thomas Jefferson, we all know, was famous for his democratic hospitality—never more generously dispensed than when he enjoyed the life of the retired country gentleman at his home, Montecello. Of the many refreshing drinks he often served to travel-weary guests arriving at his Virginia homestead on a warm summer's day none was more delightful, I am sure, than this delicious concoction:

Beat the yolk and white of an egg separately and add one tablespoon of sugar to the yolk and one cup of unfermented grape juice. Heat over hot water until slightly thickened, fold in the stiffly beaten egg white with a pinch of salt, beat for two minutes while over the hot water. When the egg white is incorporated and the Beverage *very hot*, serve at once.

Thomas Jefferson
(Baltimore & Ohio Railroad)

All of us are familiar with the story of the Hayes administration; with the decision made by Mrs. Hayes to banish wines and liquors from the White House table; her husband's quiet acquiescence in the face of political ridicule, based upon his openly expressed desire to "set a prec-

edent for the general health of the country," even though, as we are told by some contemporary writers, he himself had heretofore enjoyed his cocktail with the best of them. From the day that he took office, we are informed, the strongest beverage that passed his lips was a fruit punch.

No doubt there are many "old-timers" who recall the heyday of the Waldorf-Astoria in New York, some twenty-odd years ago, when a then famous cream-and-White-Rock-drink was served at banquets and dinners to those gentlemen who did not care for liquors, yet wished to sip liquid refreshments with their meals. As nearly as I can recall, this drink, often described to me by friends, consisted of equal parts of cream and White Rock sweetened with a little sugar, and shaken up cocktail fashion.

L'ENVOI

"There's nothing new under the sun."

Well we know the truth of that time-worn phrase and so, in passing, assure any who may have paused beside our dial that we have not offered our suggestions as "original" recipes, but rather as "favorites" of those who so generously have contributed. 'Round the dial from morning till night with our fruit juices, you may not find more than one or two ideas that will be new to all of you. But perhaps they may spur your imaginations to concoct new recipes for yourselves.

One word more—for the convenience of hostesses we have divided the recipes into chapters, suggesting appropriate times for their use. But, naturally, many beverages of this type are just as appropriate at one hour as at another—so accept our "dialing" not too seriously, we beg of you; should your taste fail to be served at the "Top o' the Morning," then search among the "Moonlight Shadows on the Dial"—you may find just the drink of your dreams.

INDEX TO CONTRIBUTORS

Acknowledgment is gratefully made to the following individuals and organizations for permission to use the various recipes credited to them.

Alabama Polytechnic Institute, Auburn, Alabama 46, 72
Baltimore and Ohio Railroad 57, 88
Billard, Mrs. Frederick C.—Wife of Commandant of the United States Coast Guard 54
Blits, Anne Dudley—Dean of Women, University of Minnesota 36
Boole, Mrs. Ella A.—President, National Women's Christian Temperance Union 54
Butler, Major General Smedley D.—Commanding General, Quantico, Virginia 76
Calhoun, Mrs. C. C.—Washington, D. C. 74
Carlton, Mrs. Doyle—Wife of Governor of Florida 25
Christianson, Mrs. Theodore—Wife of Governor of Minnesota 24, 58
Clague, Mrs. Frank—Wife of Representative from Minnesota 55
Congressional Club Cook Book 73
Cook, Mrs. Anthony Wayne—Past President General, Daughters of the American Revolution 59
Cramton, Mrs. Louis C.—Wife of Representative from Michigan 73
Dale, Mrs. Porter H.—Wife of Senator from Vermont; President Congressional Club of Washington, D. C. 37
Davis, Mrs. James J.—Wife of the Secretary of Labor 85
Department of Foods and Nutrition, Purdue University, Lafayette, Indiana 71
Dodge Hotel, Washington, D. C. 58, 72
Doran, Roxana B.—Wife of United States Commissioner of Prohibition 9, 56
Eble, Mrs. F. X. A.—Wife of United States Commissioner of Customs 48
Ellsworth, Sally Lou—National Secretary, Delta Delta Delta Sorority 39
Grammer, Mrs. Carl E.—Philadelphia, Pennsylvania ... 48

Hammill, Mrs. John—Wife of Governor of Iowa 35
Henderson, Mrs. John B.—Washington, D. C. 60
Hobart, Mrs. Lowell Fletcher—President-General, National Society of the Daughters of the American Revolution 69
Home Economics Department, University of Wisconsin 38
Hyde, Mrs. Arthur M.—Wife of the Secretary of Agriculture 40
Justin, Margaret—Dean, Division of Home Economics, Kansas State Agricultural College, Manhattan, Kan. 47
Kappa Alpha Theta Sorority 39
Kappa Epsilon Sorority 25
Kelly, Mrs. Clyde—Wife of Representative from Pennsylvania 40
Kreger, L. Mae—Wife of Major General E. A. Kreger, Judge Advocate General, United States Army 75
Ladies Home Journal, The 34, 35, 37, 54, 55, 57, 68, 70, 73
Lomen, Laura Volstead—Daughter of former Representative Volstead, author of the Volstead Act, and wife of "Reindeer King" of Alaska 34
Lowman, Mrs. Seymour—Wife of Assistant Secretary of the Treasury 35
McDowell, Mrs. William Fraser—Washington, D. C. ... 34
Meyer, Mrs. Balthasar H.—Wife of Interstate Commissioner Meyer 77
Newton, Mrs. Walter H.—Wife of Secretary to President Hoover 23
New York State College of Home Economics, Cornell University, Ithaca, New York 71
Nicholson, Mrs. Jesse W.—Chevy Chase, Maryland 74
Oakley, Mrs. Imogen—Philadelphia, Pennsylvania 73
Peabody, Mrs. Henry W.—Chairman Women's National Committee for Law Enforcement 59
Phi Gamma Delta Sorority 36
Phi Kappa Tau Fraternity 75
Ramseyer, Mrs. C. W.—Wife of Representative from Iowa 55
Robsion, Mrs. J. M.—Wife of Senator from Kentucky 45
Sippel, Mrs. John F.—President-General, Federation of Women's Clubs 39
Smith, Mrs. Ida B. Wise—National Women's Christian Temperance Union Vice-President 24
State College of Washington, Pullman, Washington. 16, 17, 57
Strawbridge, Mrs. Ruth G. K.—Philadelphia, Penn. 67

Summers, Mrs. John W.—Wife of Representative from Washington 37
Teague, Mrs. Charles C.—Wife of member of Federal Farm Loan Board 47
Texas Agricultural Experiment Station 45, 66
Toomey, Mrs. Edmond Galbraith—Helena, Montana ... 76
Van Rensselaer, Martha—Director, New York State College Home Economics, Ithaca, New York 17
Wiley, Mrs. Harvey W.—Washington, D. C. 38, 69
Willebrandt, Mabel Walker—Former Assistant United States Attorney General 68
Yates, Mrs. Richard—Wife of Representative at Large from Illinois 56
Yost, Lenna Lowe—Member of West Virginia State Board of Education 70
Young, Mrs. C. C.—Wife of Governor of California ...49, 68
Youngquist, Mrs. G. Aaron—Wife of Assistant United States Attorney General 25, 35

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